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The Busy Body

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Physical Activity Standards

With the summer months in the rear view mirror and school in high gear, now is a great time to become familiar with the physical activity standards for Arizona schools. Although many children in day care centers are not of school age, it's important for center staff, and parents, to be acquainted with the standards to help prepare children for school.

The standards help to facilitate the establishment of healthy behaviors in children, which can help them develop a lifelong physically active lifestyle.

For more information on Arizona's physical activity standards, please visit:
www.ade.az.gov/standards/health/

Comprehensive Physical Activity Standards

Standard 1	Students demonstrate proficiency and the achievement of higher order cognitive skills necessary to enhance motor skills.
Standard 2	Students comprehend basic physical activity principles and concepts that enable them to make decisions, solve problems and become self-directed lifelong learners who are informed physical activity consumers.
Standard 3	Students exhibit a physically active lifestyle.
Standard 4	Students achieve and maintain a health-enhancing level of physical fitness.
Standard 5	Students develop self-initiated behaviors that promote effective personal and social interactions in physical activity settings.
Standard 6	Students demonstrate understanding and respect for differences among people in physical activity settings.
Standard 7	Students develop behavioral skills (self-management skills) essential to maintaining a physically active lifestyle.



Have a Ball in the Fall

Wonderful ways to develop or enhance a child's motor skills (Standard 1) are simple games with balls.

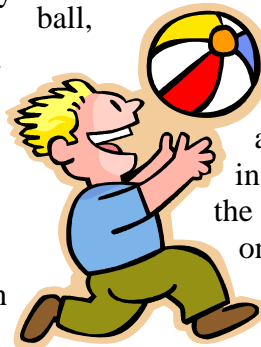
Ball Skills is an easy way to introduce dribbling and catching, while also adding physical activity to the day. The only equipment required is a six inch rubber ball. Make sure each child has a ball, and create established levels that children can progress through.

Begin with level one, where a child simply dribbles with the right hand. Then switch to the left hand. Once the child has grasped level one, proceed to level two, where the child will bounce the ball with alternate hands. Following a mastery of level two, the child can graduate to level three and bounce the ball once with both hands and catch it on the return. Increasing levels could include: bouncing the ball between the legs or letting the ball bounce three or four times before catching it.

In addition, you may incorporate locomotor skills like sitting, walking and running. The only limit to Ball Skills is your imagination.

Similar to Ball Skills, Box Ball is a great way

for kids to learn skills, team work and have some fun. Begin by forming lines of between 2-6 children, depending upon the number of kids and room/play area size. At the front and back of each line place a hula hoop. At a specified distance from the hula hoop, place a box. At the back of the line place six balls (basketball, soccer ball, nerf ball, volleyball, etc.) in the hula hoop.



The child at the back of line picks up one ball at a time and passes the ball to the next child in line. That child passes the ball to the child in front of him or her and so on until the child at the very front of the line receives each ball and places them inside the hula hoop.

Once all six balls are in the hula hoop the child at the front of the line becomes the 'shooter' and tosses all the balls into the box. Once all the balls have been tossed into the box, the game ends. The child next in line now becomes the 'shooter' and the game begins again. You can find Ball Skills, Box Ball and other activities at pazz.tripod.com/ball.html.

Halloween Fun

Spice up the physical activity in your center by adding a little Halloween fun. Pumpkins and Witches Tag combines physical activity with the imagery and costumes of Halloween.

Begin by designating kids as either pumpkins or witches. Use pumpkin and witch hats/costumes to differentiate between the two. There will be a pumpkin tagger and a

witch tagger.

The kids who are witches fly around the room on their broomsticks (you could even use an item to symbolize a broomstick). The pumpkin tagger tags the witches with his or her wand (a foam wand or other soft material) and proclaims, "You're a pumpkin!" If a witch is tagged, he or she must sit down on the floor in a pumpkin shape (arm hugging knees to the chest with one fist making a stem).



In order to set the witch free, the witch tagger must tap the pumpkin and recite a magic spell (allow the children's creativity to invent a spell). After a few minutes, switch the taggers so each child gets a turn. Use Halloween music to really set the atmosphere.

Pumpkins and Witches Tag was submitted by Stefanie Frankel, and can be found at pecentral.org. Pumpkins and Witches Tag is used by permission of PE Central, the premier site for physical education teachers.



**INTERESTED IN
LEARNING MORE ABOUT
YOUR HEALTH?**

Nutrition Education Workshops

day,” or even, “What the heck is a calorie anyway?”

online at www.ade.az.gov/online/registration

If you have any questions



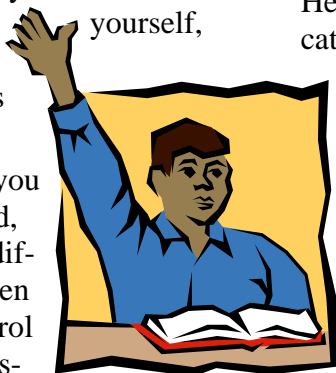
please contact Dustin Melton at 602-364-0141, or dustin.melton@azed.gov

H

ave you ever asked yourself,

“What exactly is a trans fat?”

Have you ever wondered, “What is the difference between good cholesterol and bad cholesterol?”



The Child and Adult Care Food Program would like to help you answer these, and many more, questions by offering Healthy Habits 101, nutrition education workshops focused on how nutrition impacts your health. The workshops, which begin in November, will focus on a wide range of nutrition topics including: basic nutrition concepts, food labels, sugar substitutes, fast food, soda, energy drinks, metabolism and much, much more.

If you would like to attend the workshops, and learn more about your health, please register

Reader Submissions

D

o you have a great physical activity game

you like to play at your center? Do the

kids at your center have a favorite game that they enjoy at home? Do

have you a favorite game that is not only fun, but increases daily physical activity?



If so, please send in your favorite physical activity game and you might find it in the next issue of *The Busy Body*.

Please fax your favorite physical activity game to Dustin Melton at 602-542-3818, or mail to 1535 W. Jefferson St. Bin #7, Phoenix, AZ

85007, or email to dustin.melton@azed.gov



**Have a safe and happy
Halloween!**



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